

Hello
FRESH

WINEBOX

La Vieille Ferme blanc

This soft, but fresh southern French wine is able to go both with the butter sauce and fresh salad.



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WEEK 49
2016



A culinary question while cooking?

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Take a picture of your dish and share it via social media. The best photo will win a surprise!

Sea bass with roasted cauliflower and spinach salad

With fried potatoes

This is a healthy and delicious winter salad with sea bass. The cauliflower is roasted in the oven which gives it a nutty flavor. Slightly different than what you're used to. The butter sauce adds a soft note!



35-40 min



easy



eat at the beginning



gluten free

store in refrigerator



Spinach



Sea bass



Cauliflower



Nicola potatoes



Tomato



Shallot



Garlic clove

Ingredients

	1P	2P	3P	4P	5P	6P
Nicola potatoes (g)	300	600	900	1200	1500	1800
Cauliflower (pc)	¼	½	¾	1	1¼	1½
Tomato(pc)	1	2	3	4	5	6
Shallot (pc)	1	2	3	4	5	6
Garlic clove	1	2	2	3	3	4
Spinach (g) 23)	50	100	150	200	250	300
Sea bass with skin (100 g) 4)	1	2	3	4	5	6
Olive oil (tbsp.)*	1	1½	2	2½	3	3½
White balsamic vinegar (tsp.)*	½	1	1½	2	2½	3
Honey (tsp.)*	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp.)*	½	1	1½	2	2½	3
Real butter (tbsp.)*	½	½	1	1	1½	1½
Pepper and salt*	To Taste					

* Add yourself

Allergens

4) Fish

May contain traces of **23)** celery.

Utensils

Stir-fry or sauté pan with lid, baking sheet with baking paper, salad bowl, frying pan

Nutrition Facts 744 kcal | 36 g protein | 71 g carbs | 33 g fat, of which 8 g saturated | 12 g fibres



1 Preheat the oven to 200 degrees. Wash or peel the potatoes (nicola) thoroughly and cut into sections. Heat half the oil in a stir-fry or sauté pan with a lid and cook the potatoes 25 - 30 minutes, covered, over medium heat. Stir regularly and season with salt and pepper. After 20 minutes remove the lid from the pan.



2 Cut the flower cauliflower into small florets and stalk into cubes. Divide the cauliflower on a baking tray with baking paper, drizzle with the remaining olive oil, season with salt and pepper and bake 20 - 25 minutes in the oven. Meanwhile, cut the tomatoes into wedges and, after 10 minutes, toss the cauliflower and add the tomato.



3 Chop the shallot and cut or press the garlic. Then in a salad bowl make a dressing of white balsamic vinegar, honey and extra virgin olive oil.

4 Tear the spinach small and mix the spinach with the dressing in a salad bowl. Add the tomato to the cauliflower from the oven and toss.



5 Heat the butter in the skillet over medium heat and fry the shallot and garlic for 2 minutes over medium heat. Cook the sea bass 3 - 4 minutes on the skin side until crispy, turn over and cook for 1 - 2 minutes. Season with salt and pepper.

6 Divide the spinach cauliflower salad and fried potatoes onto the plates. Serve with sea bass and spoon the butter sauce over the fish.

Tip! Prefer a warm meal? Then stir-fry the salad for 5 - 6 minutes on medium heat.

Prefer a more tangy taste in the salad? Then mix with the half of the shallot.



WJNBOX

Ramón Roqueta tinto

Supple, full and a slightly spicy red. That's what we want to drink with these tasty tacos!



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Mexican stuffed chicken tacos

With spicy green chilli

In more and more cities fashionable taquerias or taco restaurants are making their debut. Taco shells are made from corn flour. This time you make this hip bite yourself! You fill the tacos with spicy fried minced chicken, vegetables and beans. Finally, some cheddar on top and the feast begins. store in refrigerator



30-35 min



easy



eat at the beginning



gluten free



Celery



Mexican spiced minced chicken



Cheddar



Onion



Tomato



Green chili



Tomato puree



Kidney beans



Taco shells

Ingredients

	1P	2P	3P	4P	5P	6P
Onion (pc)	½	1	1½	2	2½	3
Green chilli (pc)	¼	½	¾	1	1½	1½
Celery (sticks)	2	4	6	8	10	12
Tomato (pc)	1	2	3	4	5	6
Mexican spiced minced chicken (g)	120	240	360	480	600	720
Tomato puree (can)	½	1	1½	2	2½	3
Kidney beans (pot)	½	1	1½	2	2½	3
Cheddar (g) 7)	25	50	75	100	125	150
Taco shells (pc)	3	6	9	12	15	18
Sunflower oil (tbsp.)*	1	1	2	2	3	3
Black balsamic vinegar (tsp.)*	1	2	3	4	5	6
Pepper and salt*	To Taste					

* Add yourself

Allergens

7) Milk/lactose

Utensils

Stir-fry or sauté pan with lid, saucepan, baking tray with baking paper

Nutrition Facts 626 kcal | 43 g protein | 36 g carbs | 30 g fat, of which 10 g saturated | 16 g fibres



1 Preheat the oven to 180 degrees. Chop the onion and remove the seeds from the green chilli and slice the chilli finely. Cut the celery stalks lengthwise and cut into pieces of up to ½ cm. Cut the tomatoes into cubes.



2 Heat the sunflower oil in a stir-fry or sauté pan with a lid and fry the minced chicken for 2 minutes over medium heat. Add the onion, green chilli, celery and half of the necessary tomato puree.

3 Drain the kidney beans and set the liquid aside. Add the tomato, kidney beans and black balsamic vinegar to the stir-fry or sauté pan and simmer, covered, 10 - 12 minutes on medium low heat. Season with salt and pepper



4 Meanwhile, in a saucepan, mix the remaining tomato puree with the liquid from the kidney beans and 2 tbsp. of water per person to make a sauce. Bring to the boil and stir in a small amount of cheddar and season to taste with salt and pepper.

5 Then divide the taco shells on a baking sheet with baking paper and heat for 5 minutes in the oven.

6 Divide the tacos on plates and top with the chicken mixture. Serve with tomato sauce and garnish with the remaining cheddar.



Tip! Fill each taco shell just before you are going to eat. This way you have a crunchy taco every time and the taco is not limp because of the filling.

Are the tacos broken? You can use them as taco chips. Put the mince mixture into a baking dish, mix with the tomato sauce and sprinkle with pieces of tacos and cheddar. Bake for 5 minutes in the oven.



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WINEBOX

La Vieille Ferme rouge

Eggplant and peppers require a soft, slightly spicy wine from the warm south of Europe. The south of France in this case.



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Pesto pasta with soft vegetables and olives

With eggplant and crunchy pumpkin seeds

This Italian pasta is packed with different kinds of vegetables: yellow bell pepper, eggplant and lettuce. This tastes delicious with bell pepper pesto, oregano and Leccino olives. Leccino olives have an intense flavor and are naturally ripened and colored by the Italian sun.

store in refrigerator



30-35 min



super easy



eat within
5 days



vegetarian



kid
friendly



☒ Lettuce



☒ Leccino olives



☒ Red bell pepper
pesto



☐ Pumpkin seeds



☐ Fusilli integrale



☐ Eggplant



☐ Yellow bell peper



☐ Oregano

Ingredients

	1P	2P	3P	4P	5P	6P
Pumpkin seeds (g) 19 22)	10	20	30	40	50	60
Fusilli integrale (g) 1)	90	180	270	360	450	540
Eggplant (pc)	½	1	1½	2	2½	3
Yellow bell pepper (pc)	½	1	1½	2	2½	3
Lettuce (g) 23)	30	60	90	120	150	180
Leccino olives (g)	15	30	45	60	75	90
Oregano (tsp.)	1	2	3	4	5	6
Red bell pepper pesto (g) 7 8)	40	80	120	160	200	240
Olive oil (tbsp.)*	1	1	2	2	3	3
Black balsamic vinegar (tsp.)*	1	2	3	4	5	6
Pepper and salt*	To Taste					

* Add yourself

Allergens

1)Gluten **7**) Milk/lactose
8) Nuts
 May contain traces of **19**)
 peanuts, **22**) nuts and
23) celery.

Utensils

Pot with lid, stir-fry or
 sauté pan with lid

Nutrition Facts 589 kcal | 19 g protein | 71 g carbs | 23 g fat, of which 4 g saturated | 12 g fibres



1 Boil 500 ml of water per person in a pot with a lid for the fusilli.

2 Heat a stir-fry or sauté pan with a lid over high heat and fry the pumpkin seeds without oil until they begin to pop. Remove from the pan and set aside.

3 Cook the fusilli, covered, for 10 - 12 minutes over medium heat. Then drain and save a little cooking water and let steam without a lid.

4 Cut the eggplant and bell peppers into 1 cm cubes. Tear the lettuce small and halve the Leccino olives.

5 Heat olive oil in the same stir-fry or sauté pan with a lid and fry the eggplant and bell peppers for 1 minute over medium heat. Add the oregano, black balsamic vinegar, 2 tbsp. cooking water per person and cook, covered, for 8 - 10 minutes over medium heat. Season with salt and pepper. Add extra cooking liquid if it starts burning.

6 Then add the fusilli, red bell pepper pesto, olives and half of the lettuce to the vegetables and season with salt and pepper.

7 Divide the remaining lettuce on the plates and spoon the pasta on it. Garnish with pumpkin seeds. If you want, you can also drizzle the oil from the olives on top.

Tip! Don't you feel like raw lettuce? Then mix all of the lettuce with the pasta and let it wilt in the pan.

Facts! Did you know that a bell pepper contains the recommended daily amount of vitamin C ?





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WINEBOX

Espiga branco

A hearty fish dish! We pour a juicy, white Portuguese wine from local grapes to keep everything fresh.



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Japanese noodles with soft white fish and fragrant ginger

With green vegetables and mushrooms

This delicious noodle dish is quick, tasty and healthy. In this recipe you combine broccoli, cabbage and mushrooms with pollock. The pollock in this dish is caught in the cold waters northeast of Scotland.



30-35 min



easy



eat at the beginning



lactose free

store in refrigerator



Mushrooms



Cabbage-broccoli mix



Pollock



Garlic clove



Ginger



Fish sauce



Soy sauce



Buckwheat noodles

Ingredients	1P	2P	3P	4P	5P	6P
Garlic clove	1	2	2	3	3	4
Ginger (cm)	1	2	3	4	5	6
Mushrooms (g)	100	200	300	400	500	600
Cabbage-broccoli mix (g) 23)	100	200	300	400	500	600
Fish sauce (g) 4) 9) 12) 19)	5	10	15	20	25	30
Soy sauce (g) 1) 6) 9)	10	20	30	40	50	60
Buckwheat noodles (g) 1)	70	140	200	270	340	400
Pollock fillet (pc) 4)	1	2	3	4	5	6
Sunflower oil (tbsp.)* Honey	2	2	3	3	4	4
(tsp.)*	½	1	1½	2	2½	3
Pepper*	To Taste					

* Add yourself

Allergens
1)Gluten **4)** Fish **6)** Soy
9) Celery **12)** Sulfite

May contain traces of **19)** peanuts and **23)** celery.

Utensils
 Pot with lid, stir-fry or sauté pan with lid, frying pan

Nutrition Facts 551 kcal | 39 g protein | 52 g carbs | 18 g fat, of which 3 g saturated | 6 g fibres



- 1 Bring 500 ml of water to a boil in a pot with lid for the noodles. Cut or press the garlic. Peel the ginger and chop finely. Cut the mushrooms into quarters.
- 2 Heat half the sunflower oil in a stir-fry or sauté pan with a lid and fry the ginger and garlic for 2 minutes over medium heat. Add the mix of cabbage and broccoli, fish sauce, soy sauce, honey and 2 tbsp. of water per person and stir-fry for 2 minutes. Then cover the stir-fry or sauté pan and cook, covered, for 8 minutes over medium heat. Add half the mushrooms.
- 3 Meanwhile, cook the noodles, covered, for 3 minutes in the pot with a lid. Then drain.
- 4 Heat the remaining sunflower oil in a frying pan and fry the pollock on each side for 2 to 3 minutes.
- 5 Add the noodles to the stir-fry o sauté pan with a lid and stir-fry for 2 minutes on high heat. Season with salt and pepper.
- 6 Divide the dish on plates and serve with the pollock.

Tip! Set a small portion of the soy sauce aside and sprinkle on the pollock whilst it is in the pan. All you have to do after is season the pollock to taste with pepper.



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WINEBOX

Cabriz tinto

Because of the beef sausages we chose a red wine. This Cabriz has also been aged in wooden barrels which gives the wine a full flavor.



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Spicy couscous with beef sausage, kohlrabi and labne

With tangerine and cinnamon!

The tangerine creates a fresh, acidic counterpart to your spicy couscous. The beef sausages are already seasoned with paprika, but you will add extra flavor with onion, kohlrabi, cinnamon and cumin. The fresh salad completes the dish.

store in refrigerator



35-40 min



easy



eat within
3 days



kid
friendly



Kohlrabi



Beef sausage



Labne



Lettuce



Onion



Tangerine



Whole wheat couscous



Cumin



Cinnamon

Ingredients

	1P	2P	3P	4P	5P	6P
Kohlrabi (pc)	½	1	1½	2	2½	3
Onion (pc)	½	1	1½	2	2½	3
Tangerine (pc)	1	2	3	4	5	6
Whole wheat couscous (g) 1)	85	170	250	335	420	500
Cumin (tsp.)	1	2	3	4	5	6
Cinnamon (tsp.)	½	1	1½	2	2½	3
Beef sausage spiced with paprika (50 g)	2	4	6	8	10	12
Lettuce (g) 23)						
Labne (g) 7) 19) 22)	30	60	80	120	140	160
Vegetable bouillon (ml)*	30	60	90	120	150	180
Olive oil (tbsp.)*	175	350	500	675	850	1000
White balsamic vinegar (tsp.)*	1	1	1½	1½	2	2
Extra virgin olive oil (tbsp.)*	¼	½	¾	1	1¼	1½
Pepper and salt*	¼	½	¾	1	1¼	1½

To Taste

* Add yourself

Allergens

1) Gluten **7)** Milk/lactose
May contain traces of
19) peanuts, **22)** nuts and
23) celery.

Utensils

Pot with lid, stir-fry or
sauté pan with lid,
aluminum foil, salad bowl

Nutrition Facts 765 kcal | 43 g protein | 74 g carbs | 35 g fat, of which 11 g saturated | 14 g fibres



1 Peel the kohlrabi and cut into 1 cm cubes and chop the onion. Peel the tangerine and cut into large cubes.



2 Prepare the bouillon. Mix the couscous with the bouillon in the pot with a lid and simmer, covered, for 10 minutes. Then stir with a fork.

3 Heat the olive oil in a stir-fry or sauté pan with a lid and cook the beef sausages for 3 - 4 minutes until browned over medium heat. Remove from pan and keep warm in aluminum foil.



4 Fry the onion, kohlrabi, cumin and cinnamon for 2 minutes over medium heat in the same stir-fry or sauté pan. Add 2 tbsp. of water per person, cover the pan and cook, covered, for 18 - 20 minutes over medium heat. In the last 5 - 6 minutes, add the beef sausages.

5 Meanwhile, in a salad bowl, mix the lettuce, white balsamic vinegar and extra virgin olive oil. Season with salt and pepper.



6 Add the couscous and tangerine to the stir-fry or sauté pan with a lid and season with salt and pepper.

7 Divide the couscous and beef sausages on the plates. Serve with the salad and garnish with labne.

Tip! Kohlrabi left over? Delicious from the oven or in a soup!

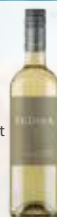
This dish is rich in calories. Are you watching your calorie intake? Then use 50 - 60 g couscous per person. The rest you can eat the next day with, for example, a little sliced tomato, cucumber, lettuce, vinegar, olive oil and little extras such as feta cheese, nuts, dried tomatoes, etc.



WINEBOX

Sedosa blanco

Sedosa Blanco is soft, round and smooth and combines best with the slightly sweet character of the carrot in this soup



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Carrot-tomato soup with Italian influences

With creamy buffalo mozzarella and sweet raisin-nut bread

This soup is made using onion, garlic, carrot and tomato. Together the ingredients make for a delicious, sweet flavor and a color that we can best describe as 'sunset'. The mozzarella makes the soup creamy and soft, and the basil adds a fresh note.

Store in refrigerator



35-40 min



easy



eat within
5 days



vegetarian



kid
friendly



❖ ☐ Mozzarella



❖ ☐ Basil



❖ ☐ Carrot



☐ Garlic clove



☐ Onion



☐ Tomato



❖ ☐ Whole wheat raisin-nut bread

Ingredients

	1P	2P	3P	4P	5P	6P
Onion (pc)	½	1	1½	2	2½	3
Garlic clove	1	2	3	4	5	6
Carrot (pc)	½	1	1½	2	2½	3
Tomato (pc)	2	4	6	8	10	12
Basil (leaves) 23)	6	12	18	24	30	36
Whole wheat raisin-nut bread (pc) 1) 8) 17) 20) 21) 25) 27)	1	2	3	4	5	6
Mozzarella (g) 7)	125	250	375	500	625	750
Vegetable bouillon (ml)*	300	600	900	1200	1500	1800
Olive oil (tbsp.)*	½	1	1	1½	1½	2
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **7)** Milk/lactose
8) Nuts
May contain traces of
17) eggs, **20)** soy, **21)**
milk/lactose,
23) celery, **25)** sesame
and **27)** lupine.

Utensils

Soup pot with lid, stick
blender

Nutrition Facts 746 kcal | 30 g protein | 49 g carbs | 45 g fat, of which 23 g saturated | 12 g fibres



1 Preheat the oven to 200 degrees and prepare the bouillon. Chop the onion and cut or press the garlic. Cut the carrots into thin half slices and the tomatoes into quarters. Tear the basil small.

2 Heat olive oil in a soup pot with a lid and cook the onion and garlic for 2 minutes over medium heat. Add the carrot and tomato and cook for 2 minutes over medium heat. Add the bouillon and cook the soup, covered, for 12 - 15 minutes over medium heat.

3 Meanwhile bake the raisin-nut bread in the oven for 6 - 8 minutes. Drain the mozzarella and tear the mozzarella small.

4 Then remove the soup pot from the heat and puree the soup using a stick blender. If the soup is too thick, add more water. Season with salt and pepper.

5 Divide the soup into soup bowls and garnish with mozzarella and basil. Serve with the raisin-nut bread.



Tip! Would you prefer a spicier soup? Puree the basil with it!



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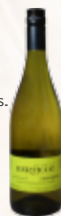
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WINEBOX

Berticot Sauvignon blanc

This tasty pizza has plenty of fresh flavors. Especially the goat cheese combines perfectly with the sauvignon blanc.



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Flat bread pizza with beetroot-almond pesto and zucchini

With fresh goat cheese, red onion and fresh thyme

This variation on pizza is made using flat bread. Additionally you make your own beetroot pesto using beetroot, almonds, garlic, grana padano and fresh thyme, which is delicious with goat cheese and zucchini. In short, a pizza with a twist!



30-35 min



easy



eat within 5 days



vegetarian

store in refrigerator



Fresh thyme



Beetroot



Grana padano



Fresh goat cheese



Red onion



Garlic clove



Zucchini



Almonds



Lebanese flat bread

Ingredients

	1P	2P	3P	4P	5P	6P
Red onion (pc)	½	1	1½	2	2½	3
Garlic clove	1	2	3	4	5	6
Zucchini (pc)	½	1	1½	2	2½	3
Fresh thyme (stems) 23)	3	6	9	12	15	18
Almonds (g) 8) 19) 22)	20	40	60	80	100	120
Beetroot (g)	125	250	375	500	625	750
Grana padano (g) 3) 7)	25	50	75	100	125	150
Lebanese flat bread (pc) 1) 20) 21)	2	4	6	8	10	12
Fresh goat cheese (g) 7)	50	100	150	200	250	300
Olive oil (tbsp.)*	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

* add yourself

Allergens

1) Gluten **3)** Eggs **7)** Milk/lactose **8)** Nuts
May contain traces of
19) peanuts, **20)** soy,
21) milk/lactose,
22) nuts and **23)** celery.

Utensils

Deep bowl with stick
blender or blender,
baking tray with baking
paper

Nutrition Facts 730 kcal | 29 g protein | 64 g carbs | 38 g fat, of which 14 g saturated | 9 g fibres



1 Preheat the oven to 200 degrees.

2 Cut the red onion into rings and cut or press the garlic. Cut the zucchini into thin slices. Remove the thyme leaves from the stems and chop finely. Chop the almonds coarsely.

3 In a deep bowl, mix or blend the garlic, beets, grana padano, olive oil and half of the almonds and the thyme and puree until a coarse pesto. Season with salt and pepper.

4 Lay the flat bread on the baking sheet with baking paper and cover with the beetroot pesto and zucchini. Then divide the red onion and goat cheese on the flat bread. Garnish with the remaining grana padano, thyme and almonds and drizzle to taste the extra virgin olive oil. Season with salt and pepper.

5 Bake the flat bread pizzas for 9 - 10 minutes in the oven, or until they are golden brown.

6 Divide the flat bread pizzas on the plates.

Tip! Do you not have a blender? No problem. Cut the ingredients for the beetroot pesto very small, and then divide on top of the flat bread!

First bake half of the flat bread pizzas and, while eating, the second batch. This makes them stay hot and crispy for longer.



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WINEBOX

Sedosa tinto

A truly autumnal dish where you would prefer to drink a warm, smooth red wine. Sedosa tinto makes this dish taste even better.



Take a picture of your dish and share it via social media. The best photo will win a surprise!



Wintry pearl couscous with mushrooms and gruyère

With spicy arugula and walnuts

The gruyère cheese which you add to the pearl couscous, makes the dish full and creamy. The mushrooms combine nicely with the cheese and crunchy walnuts. The arugula gives this dish the tang and freshness it needs to balance everything. Real comfort food if you ask us!

store in refrigerator



20-25 min



super easy



eat within
3 days



vegetarian



kid
friendly



Mushrooms



Gruyère



Arugula



Pearl couscous



Garlic clove



Walnuts

Ingredients	1P	2P	3P	4P	5P	6P
Pearl couscous (g) 1) 17)	85	170	250	335	420	500
Garlic clove	1	2	2	3	3	4
Mushrooms (g) Gruyère	175	350	500	675	850	1000
(g) 7)	25	50	75	100	125	150
Arugula (g) 23)	30	60	80	120	140	160
Walnuts (g) 8) 19) 22)	15	30	45	60	75	90
Vegetable bouillon (ml)*	175	350	500	675	850	1000
Real butter (tbsp.)*	1	2	2	2	3	3
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **7)** Milk/lactose
8) Nuts
 May contain traces of
17) eggs, **19)** peanuts,
22) nuts and **23)** celery.

Utensils

Pot with lid, stir-fry or
 sauté pan

Nutrition Facts 658 kcal | 26 g protein | 64 g carbs | 32 g fat, of which 12 g saturated | 7 g fibres



1 Prepare the bouillon. Heat half of the butter in a pot with a lid. Add the pearl couscous and cook, stirring, for 1 minute over medium heat. Add the bouillon, reduce heat to low and cook the pearl couscous, covered, dry in 12 minutes. Then stir the grains and let steam without a lid.



2 In the meantime, cut or press the garlic and slice the mushrooms.

3 Heat the remaining butter in a stir-fry or sauté pan and fry the mushrooms and garlic for 4 - 5 minutes over medium heat. Season with salt and pepper.



4 Add the pearl couscous, half the gruyère, and half of the arugula to the mushrooms and cook, stirring, for 2 minutes on medium heat.



5 Use the remaining arugula to make a bed on the plates. Divide the pearl couscous on the plates and garnish with the walnuts.

Tip! By first frying the garlic for one minute and then adding the mushrooms to the pan, the garlic flavor becomes milder.



JAMIES VEGETABLE PILAF WITH ROASTED NUTS & FETA



with **Jamie Oliver**
Cooking is made easy
with Hello Fresh

This pilaf is all about balance - light rice, crispy pistachio nuts, fresh feta, and sweet dried fruits. The trick is to use a pan with a tight fitting lid. You want to steam the rice, so that the flavors in the dish are optimally absorbed and it becomes wonderfully airy. All you have to do for perfect rice is put the lid on the pan and not touch it- not even to peek!



35 minuten



healthy



eat within
5 days



kid
friendly

store in refrigerator



garlic clove



leek



carrot



fresh parsley



pistachios



turmeric



basmati rice



cranberry-raisin mix



lime



feta



yogurt

For 1 person

- 1 garlic clove
- 1 leek
- 100 g carrot
- 6 sprigs fresh parsley
- 10 g pistachios
- ¼ tsp. turmeric
- 75 g basmati rice
- 35 g cranberry-raisin mix
- 1 lime
- 25 g feta
- 1 tbsp. yogurt

Add yourself: sea salt and black pepper, olive oil, 200ml vegetable bouillon

Nutrition Facts Per Person:

CALS	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
653.0kcal	22.5g	6.4g	17.6g	100.7g	35.7g	0.8g	1.8g

Allergens: nuts, sulfites, milk

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1. Peel and slice the **garlic** into slices. Clean the **leek**, halve and chop finely. Peel the **carrots**, cut them in half lengthwise and then diagonally into thin slices. Set aside.
8. Divide the pilaf onto the plates, sprinkle the **nuts** and **parsley** on top. Crumble the **feta** over it and finish with a dollop of **yogurt**.

Jamie O



2. Heat 1 tbsp. oil in a large pan with a lid over medium heat. Add the vegetables and **parsley stalks**, cover, and keep stirring frequently for 10 minutes until the **carrot** is soft. Meanwhile, chop the dried fruit into chunks.

3. Prepare the bouillon and chop the **pistachio nuts** coarsely.

4. Add the **turmeric**, **rice** and **cranberry-raisin mix** to the soft vegetables and cook for 2 minutes on high heat.



5. Add the bouillon and bring, while stirring, to the boil. Place a tight fitting lid on the pan and turn down the heat. Steam the **rice** for 15 minutes, or until all the liquid has been absorbed and the **rice** has cooked. Turn off the heat and let the pan stand with the lid on.

6. Meanwhile, fry the **pistachios** until golden brown in a small skillet over medium heat.

7. Grate the **lime peel**, squeeze out the juice and add to taste to the pilaf. If necessary, add **salt** and **pepper** and stir the rice grains loose.



Have fun cooking! And do not forget to take a picture and share! #hellojamie



For more inspiration

www.hellofresh.nl / www.hellofresh.be

For 2 persons

- 2 garlic cloves
- 1 leek
- 100 g carrot
- 1 fresh parsley
- 20 g pistachios
- ½ tsp. turmeric
- 150 g basmati rice
- 75 g cranberry-raisin mix
- 1 lime
- 50 g feta
- 2 tbsp. yogurt

Add yourself: sea salt and black pepper, olive oil, 200ml vegetable bouillon

Nutrition Facts Per Person:

CALS	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
610.0kcal	19.5g	5.9g	17.1g	97.5g	33.1g	0.8g	2.2g

Allergens: nuts, sulfites, milk

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1. Peel and slice the **garlic** into slices. Clean the **leek**, halve and chop finely. Peel the **carrots**, cut them in half lengthwise and then diagonally into thin slices. Set aside.
8. Divide the pilaf onto the plates, sprinkle the **nuts** and **parsley** on top. Crumble the **feta** over it and finish with a dollop of **yogurt**.

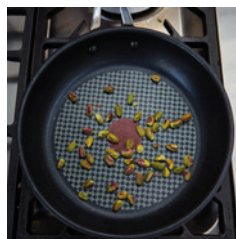
Jamie



2. Heat 1 tbsp. oil in a large pan with a lid over medium heat. Add the vegetables and **parsley stalks**, cover, and keep stirring frequently for 10 minutes until the **carrot** is soft. Meanwhile, chop the dried fruit into chunks.

3. Prepare the bouillon and chop the **pistachio nuts** coarsely.

4. Add the **turmeric**, **rice** and **cranberry-raisin mix** to the soft vegetables and cook for 2 minutes on high heat.



5. Add the bouillon and bring, while stirring, to the boil. Place a tight fitting lid on the pan and turn down the heat. Steam the **rice** for 15 minutes, or until all the liquid has been absorbed and the **rice** has cooked. Turn off the heat and let the pan stand with the lid on.

6. Meanwhile, fry the **pistachios** until golden brown in a small skillet over medium heat.

7. Grate the **lime peel**, squeeze out the juice and add to taste to the pilaf. If necessary, add **salt** and **pepper** and stir the rice grains loose.



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For more inspiration
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For 3 persons

- 2 garlic cloves
- 2 leeks
- 100 g carrot
- 1 fresh parsley
- 30 g pistachios
- ½ tsp. turmeric
- 225 g basmati rice
- 75 g cranberry-raisin mix
- 2 lime
- 75 g feta
- 3 tbsp. yogurt

Add yourself: sea salt and black pepper, olive oil, 200ml vegetable bouillon

Nutrition Facts Per Person:

CALS	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
579.0kcal	19.9g	6.0g	16.9g	88.3g	24.1g	0.8g	1.9g

Allergens: nuts, sulfites, milk

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1. Peel and slice the **garlic** into slices. Clean the **leek**, halve and chop finely. Peel the **carrots**, cut them in half lengthwise and then diagonally into thin slices. Set aside.
8. Divide the pilaf onto the plates, sprinkle the **nuts** and **parsley** on top. Crumble the **feta** over it and finish with a dollop of **yogurt**.

Jamie O

2. Heat 1½ tbsp. oil in a large pan with a lid over medium heat. Add the vegetables and **parsley stalks**, cover, and keep stirring frequently for 10 minutes until the **carrot** is soft. Meanwhile, chop the dried fruit into chunks.
3. Prepare the bouillon and chop the **pistachio nuts** coarsely.
4. Add the **turmeric**, **rice** and **cranberry-raisin mix** to the soft vegetables and cook for 2 minutes on high heat.

5. Add the bouillon and bring, while stirring, to the boil. Place a tight fitting lid on the pan and turn down the heat. Steam the **rice** for 15 minutes, or until all the liquid has been absorbed and the **rice** has cooked. Turn off the heat and let the pan stand with the lid on.

6. Meanwhile, fry the **pistachios** until golden brown in a small skillet over medium heat.
7. Grate the **lime peel**, squeeze out the juice and add to taste to the pilaf. If necessary, add **salt** and **pepper** and stir the rice grains loose.

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For more inspiration
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For 4 persons

- 3 garlic cloves
- 2 leeks
- 200 g carrot
- 2 fresh parsley
- 40 g pistachios
- $\frac{3}{4}$ tsp. turmeric
- 300 g basmati rice
- 75 g cranberry-raisin mix
- 2 limes
- 100 g feta
- 4 tbsp. yogurt

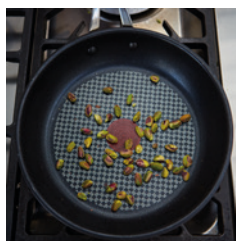
Add yourself: sea salt and black pepper, olive oil, 200ml vegetable bouillon

Nutrition Facts Per Person:

CALS	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
562.0kcal	19.6g	6.0g	16.8g	84.7g	20.4g	0.8g	1.8g

Allergens: nuts, sulfites, milk

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1. Peel and slice the **garlic** into slices. Clean the **leek**, halve and chop finely. Peel the **carrots**, cut them in half lengthwise and then diagonally into thin slices. Set aside.
2. Heat 2 tbsp. oil in a large pan with a lid over medium heat. Add the vegetables and **parsley stalks**, cover, and keep stirring frequently for 10 minutes until the **carrot** is soft. Meanwhile, chop the dried fruit into chunks.
3. Prepare the bouillon and chop the **pistachio nuts** coarsely.
4. Add the **turmeric**, **rice** and **cranberry-raisin mix** to the soft vegetables and cook for 2 minutes on high heat.
5. Add the bouillon and bring, while stirring, to the boil. Place a tight fitting lid on the pan and turn down the heat. Steam the **rice** for 15 minutes, or until all the liquid has been absorbed and the **rice** has cooked. Turn off the heat and let the pan stand with the lid on.
6. Meanwhile, fry the **pistachios** until golden brown in a small skillet over medium heat.
7. Grate the **lime peel**, squeeze out the juice and add to taste to the pilaf. If necessary, add **salt** and **pepper** and stir the rice grains loose.
8. Divide the pilaf onto the plates, sprinkle the **nuts** and **parsley** on top. Crumble the **feta** over it and finish with a dollop of **yogurt**.

Jamie O

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For more inspiration
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For 5 persons

- 3 garlic cloves
- 2 leeks
- 300 g carrot
- 2 fresh parsley
- 50 g pistachios
- ¾ tsp. turmeric
- 375 g basmati rice
- 75 g cranberry-raisin mix
- 3 limes
- 125 g feta
- 5 tbsp. yogurt

Add yourself: sea salt and black pepper, olive oil, 200ml vegetable bouillon

Nutrition Facts Per Person:

CALS	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
5470kcal	19.4g	5.9g	16.2g	81.7g	17.8g	1.0g	1.7g

Allergens: nuts, sulfites, milk

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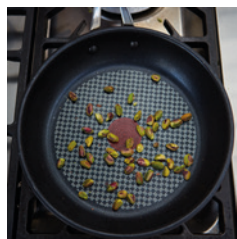


1. Peel and slice the **garlic** into slices. Clean the **leek**, halve and chop finely. Peel the **carrots**, cut them in half lengthwise and then diagonally into thin slices. Set aside.
8. Divide the pilaf onto the plates, sprinkle the **nuts** and **parsley** on top. Crumble the **feta** over it and finish with a dollop of **yogurt**.

Jamie O



2. Heat 2 ½ tbsp. oil in a large pan with a lid over medium heat. Add the vegetables and **parsley stalks**, cover, and keep stirring frequently for 10 minutes until the **carrot** is soft. Meanwhile, chop the dried fruit into **chunks**.



3. Prepare the bouillon and chop the **pistachio nuts** coarsely.
4. Add the **turmeric**, **rice** and **cranberry-raisin mix** to the soft vegetables and cook for 2 minutes on high heat.

5. Add the bouillon and bring, while stirring, to the boil. Place a tight fitting lid on the pan and turn down the heat. Steam the **rice** for 15 minutes, or until all the liquid has been absorbed and the **rice** has cooked. Turn off the heat and let the pan stand with the lid on.



6. Meanwhile, fry the **pistachios** until golden brown in a small skillet over medium heat.
7. Grate the **lime peel**, squeeze out the juice and add to taste to the pilaf. If necessary, add **salt** and **pepper** and stir the rice grains loose.

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WEEK 49
2016



A culinary question while cooking?

Send us a free WhatsApp message from 16:00 - 21:00 to +31 (0) 6 2727 3232.cc



Take a picture of your dish and share it via social media. The best photo will win a surprise!

Bag of Sinterklaas crêpes filled with apple-kiwi compote

A tasty treat for Sinterklaas eve

For the filling of the pancakes you use Goudreinet apples. This apple is known for its tangy taste. Perfect to make a compote. Want to know which apple you can best use for what? Please check our blog. Fun: you can close the pancakes with a liquorice lace!



a lot
of steps

Ingredients for 4 persons

2 goudreinet apples

1 kiwi

½ tsp. cinnamon

1 tbsp. sugar*

3 (free-range) eggs*

125 g flour*

250 ml milk*

2 tbsp. real butter*

8 licourice laces*

Pinch of salt*

* Add yourself

Allergens

There are no allergens in the products from the Fruitbox you use for this recipe.

Utensils

Pot with lid, bowl, whisk, frying pan



1 Peel the apples (Goudreinet), remove the core and cut into cubes of 1 cm. Peel the kiwi and cut small.

2 Mix in a saucepan with lid apple, kiwi, sugar and cinnamon and bring, covered, to a boil. Let simmer for 15 minutes until a compote. Stir well in between.

3 Meanwhile, beat the eggs in a bowl. Add flour, milk and a pinch of salt and mix with a whisk until smooth.



4 Heat the butter in a skillet over medium heat and with a spoon scoop the batter into the pan. Bake the crêpes 2 - 3 minutes, turn over and cook for 1 - 2 minutes on the other side. Repeat for the remaining crêpes.

5 Divide the pancakes on the plates. In the center of each crepe put 1 tbsp. compote. Tie the crêpes with the licorice laces so they become pouches.



Tip! Op onze blog vind je een recept voor zelfgemaakte kruidnoten. Ook lekker voor Sinterklaas!



Spelt baguette with scrambled eggs and gruyère



Ingredients for 1 breakfast

	2P	4P
Free-range egg (pc) 3	4	8
Gruyère (g) 7	50	100
Organic spelt baguette (pc) 1 17 20 21 22 24 25 26	2	4
Oranges (pc)	6	12
Plum tomato (pc)	1	2
Real butter (el)	1	2
Pepper and salt	To Taste	

* Add yourself

Utensils

Bowl, frying pan



Allergens [1](#)) Gluten [3](#)) Eggs [7](#)) Milk/lactose. May contain traces of [17](#)) eggs, [20](#)) soy, [21](#)) milk/lactose, [22](#)) nuts, [24](#)) mustard, [25](#)) sesame and [26](#)) sulfite.

Nutrition Facts 531 kcal | 30 g protein | 58 g carbs | 23 g fat | of which 12 g saturated | 3 g fibres

1 Preheat the oven to 200 degrees. Beat the eggs with the half of the gruyère, salt and pepper in a bowl.

2 Bake the spelt baguette for 10 minutes in the oven. Meanwhile, press the oranges and cut the tomato into slices.

3 Melt half the butter in a skillet. Add the egg and let it solidify whilst stirring.

4 Cut the spelt baguette open, smear with the remaining butter and spread tomato and egg over it. Garnish with the remaining gruyère.

